



**LOS ANGELES COUNTY – FAMILY, CHILDREN, COMMUNITY, ADVISORY COUNCIL**

**In Collaboration with**

**LOS ANGELES COUNTY-DEPARTMENT OF PUBLIC HEALTH**

**MATERNAL, CHILD, AND ADOLESCENT HEALTH PROGRAMS**

**&**

**PERINATAL ADVISORY COUNCIL- LEADERSHIP ADVOCACY & CONSULTATION**

**Presents:**

**JEFF COTTON, MA, MFT**

**“TEN HABITS OF HIGHLY  
SUCCESSFUL  
PARENTS & PROFESSIONALS”**

***WHEN:***

**Tuesday, June 7, 2011**

**9:30 AM---3:30 PM**

**8:30 AM - REGISTRATION**

***WHERE:***

**St. ANNE’S MATERNITY HOME**

**155 Occidental Blvd.—Foundation Room**

**Los Angeles, CA, 90026**

## **COURSE DESCRIPTION:**

***“Ten Habits of Highly Successful Parents and Professionals,”*** presented by **Jeff Cotton, LMFT**, will be an experiential, pragmatic, hands-on teaching of the power we possess to affect change.

The training will focus on the best ways to elicit alliances and cooperation with our clients. It is our ability to communicate (listening and speaking) effectively, which will facilitate our ability to be role models for truth, to be less co-dependent and anti-dependent, and to become more inter-dependent. After attending this training you will be able to form healing alliances with other adults, and to keep growing within yourselves.

The **Ten Habits** are effective in helping adults form healing connections with children. The workshop is a smorgasbord of pertinent philosophies and therapeutic strategies with an emphasis on critical communication skills and self-awareness. It is designed to be practical in renewing the spirit and intention of parents and professionals as they face the challenges of better serving their children.

While work can be exhausting, our personal issues and counter transferences are major stumbling blocks that impede the successful completion of work. It is critical to acknowledge what is pushing our personal buttons. In fact, there's no way out of the reactive prison if we think someone else put us in the prison. This training is about self-awareness and acceptance of our issues as vehicles by which we make peace with others and with the world.

## **TRAINING OBJECTIVES:**

**At the end of this workshop, participants will be able to:**

- Describe the 10 habits of highly successful adults.
- Understand how underlying themes (e.g., self esteem, abandonment, physical/sexual abuse, addiction) influence symptomatic day-to-day triggers.
- Gain clarity about fear and control issues, preferences and attachments.
- Describe your own “buttons.”
- Better understand the pragmatic tools needed to work with children.

**WHO SHOULD ATTEND:** Administrators, Child Care Professionals, Child Life Specialists, Community Leaders, Children Protective Service Workers, Health Educators, Faith Based Leaders, Legal/Law Practitioners, Nutritionists, Parents, Psychiatrists, Psychologists, School Personnel, Social Workers, Therapists, Victim-Witness Advocates and Volunteers.

**EDUCATIONAL METHODS:** Lecture; group exercises and discussion; and audience participation. Depending upon the number of participants attending, this course will be highly motivating and challenging for professional and personal interaction.

**SPECIAL NEEDS:** To ensure availability of an American Sign Language (ASL) Interpreter and/or other special accommodations, you are advised to make your request no later than **May 23, 2011**



## REGISTRATION FORM

To confirm, return the registration form via mail to the address indicated below. E-Mail confirmation will be sent upon receipt of the completed form with check. Concerns with registration, contact **Sherelle Brown at 213-639-6407** or [shebrown@ph.lacounty.gov](mailto:shebrown@ph.lacounty.gov)

**EVENT DATE:** Tuesday, June 7, 2011  
8:30 AM (Registration & Continental Breakfast)

**CONFERENCE:** 8:30 AM to 3:30 PM

**PLEASE TYPE/PRINT CLEARLY**

Last Name:	First Name
Professional Title:	
Agency Name:	
Agency Address	
City	Zip Code:
Agency Phone:	Agency Fax:
Please provide your e-mail address to receive a confirmation receipt.	

**MAKE CHECK(S) OR MONEY ORDER (S) OF \$45.00 PAYABLE TO: \*\* LAC-FCCAC\*\***

(LOS ANGELES COUNTY-FAMILY, CHILDREN, COMMUNITY, ADVISORY COUNCIL)

Check # \_\_\_\_\_

Money Order: # \_\_\_\_\_

**NO CREDIT CARDS ACCEPTED**

**Mail registration(s) & check(s) to Sherelle Brown, 600 S. Commonwealth Ave. Suite 800, Los Angeles, CA 90005**

**Questions about this presentation, contact:**

Sandra J. Guine, LCSW, ACSW, Phone: 213-639-6443, [sguine@ph.lacounty.gov](mailto:sguine@ph.lacounty.gov)

